

And... action!

MY CIRCLES OF INFLUENCE



Download this file on your computer and write down your answers in the boxes indicated.



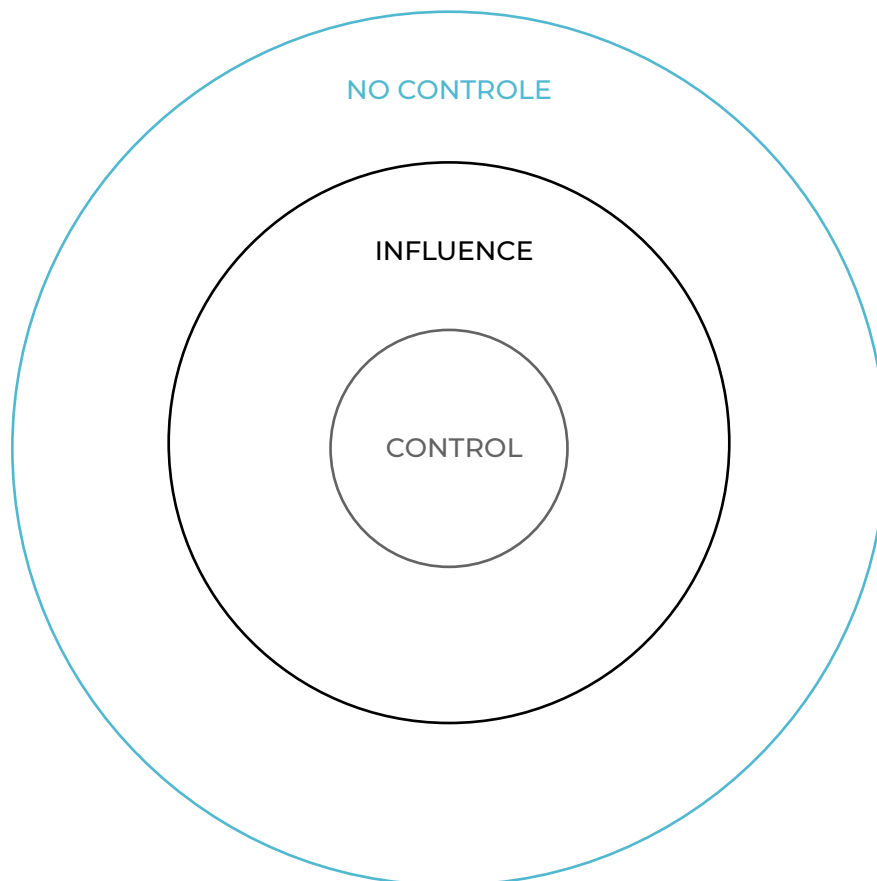


THE RESILIENCE CHAIN REACTION

MY CIRCLES OF INFLUENCE

One way to increase your resilience is to put your energy into situations you can influence, and accept situations you cannot. A tool to do this is by categorising your triggers based on the circles of influence.

1. **Circle of control:** On the triggers in this circle, we have control. We can change them.
2. **Circle of influence:** On these triggers we have no control but we can influence.
3. **Circle of no control:** On these triggers we cannot control or influence them.



Often we get caught up in things without realising whether we can influence them. It is good to consider each time which circle your triggers are in so that you can deal with them appropriately. It's about taking control when you can, exerting influence (with no guarantee of success) or accepting the situation as it is.

Go through two steps to classify your triggers according to the circles of influence.



Step 1 KNOW YOUR TRIGGERS OF THIS WEEK.

To handle your energy smartly, it is good to know concretely what your triggers are.

*Write down four triggers that have knocked you off your feet this week. In each case, indicate in which circle you would place this trigger **at the moment**.*

EX.

My internet connection that went down just before I had to give an online presentation.

CIRCLE OF CONTROL

X CIRCLE OF INFLUENCE

CIRCLE OF NO CONTROL

TRIGGER 1

CIRCLE OF CONTROL

CIRCLE OF INFLUENCE

CIRCLE OF NO CONTROL

TRIGGER 2

CIRCLE OF CONTROL

CIRCLE OF INFLUENCE

CIRCLE OF NO CONTROL

TRIGGER 3

CIRCLE OF CONTROL

CIRCLE OF INFLUENCE

CIRCLE OF NO CONTROL

TRIGGER 4

CIRCLE OF CONTROL

CIRCLE OF INFLUENCE

CIRCLE OF NO CONTROL



Step 2 GO FOR IT OR LET IT GO.

Once you know what kind of trigger you are dealing with, you can deal with it appropriately.

In each case, write down what you can do to pull the trigger within your circle of control, or what you need to do to let go facing the trigger.

EX.

Can you do something to pull the trigger within your circle of control at that moment? What?

There is nothing I can do to pull the trigger within my circle of control. It is a case of force majeure. I can, however, buy an internet cable for the future.

Can you let go facing the trigger in that moment? What do you need?

Using my mobile phone to send an email to notify participants.

TRIGGER 1

Can you do something to pull the trigger within your circle of control at that moment? What?

Can you let go facing the trigger in that moment? What do you need?

TRIGGER 2

Can you do something to pull the trigger within your circle of control at that moment? What?

Can you let go facing the trigger in that moment? What do you need?



TRIGGER 3

Can you do something to pull the trigger within your circle of control at that moment? What?

Can you let go facing the trigger in that moment? What do you need?

TRIGGER 4

Can you do something to pull the trigger within your circle of control at that moment? What?

Can you let go facing the trigger in that moment? What do you need?

The end

